

# BOBBY FLAY IN BABY DADDY DRAMA

WHAT HIS WIFE THINKS ABOUT JANUARY JONES' KID. PAGE 05



# metro

**BOSTON** Tuesday, April 28, 2015 [www.metro.us](http://www.metro.us) | t: MetroBOS | f: MetroBoston



## Kung fu flick master

**DTX.** James Bennett purportedly sells the most kung fu DVDs in New England. He also dabbles in smoking paraphernalia. PAGE 02

### Bomber's lawyers fight for his life in court

PAGE 02

### Make new experiences great for an autistic kid

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### Picard: Hanley's defense is what it is

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James Bennett shows off his kung fu DVD collection at Kung Fu Video & DVD in Downtown Crossing. He estimates he sells about 5,000 kung fu DVDs a year. / NICOLAUS CZARNECKI, METRO

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## NEWS

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2 Mika bares it all

3 VIDEO: Destroying an Apple Watch



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#### Crime

### Cops track down Brockton murder suspect

Police tracked down and arrested Anildo "Ace" Lopes Correia, 24, on charges of murder Sunday night.

Correia had been wanted

in connection with the murder of Ywron Martins, 18, on Wednesday.

Police said the incident took place at a Brockton city park, where Martins was playing basketball.

A fight between the two men broke out and Martins was fatally stabbed.

METRO

#### Car accidents

### Police investigating pair of fatal crashes

Authorities were investigating a crash in Avon that killed two and hospitalized three on Monday morning.

A black Nissan crashed into a telephone pole just before

3 a.m. Names have yet to be released pending notification of next of kin.

Meanwhile, state police, are investigating another fatal crash in Franklin that killed a 31-year-old Whitinsville woman Sunday.

The crash occurred around 12:18 p.m. after the driver of a 2014 Ford Focus struck a

guardrail just before exit 17. The driver of that car, according to state police, was Crystal A. Legassey of Oxford. The crash instantly killed the passenger in the car, Legassey's sister, Ashley N. Hartung.

No charges have been filed and the cause of the crash remains under investigation.

DANNY McDONALD

# Everybody was kung fu fighting at DTX DVD shop

**Movies.** We spoke with the guy who sells the most kung fu DVDs in New England.

By any measure, it's a weird business model: equally predicated on marijuana and outlandish plots of men hell-bent on revenge.

It's James Bennett's livelihood. The 48-year-old from Mattapan, along with business partner Aaron Crawford, runs Kung Fu Video & DVD in Downtown Crossing. He estimates he sells about 5,000 kung fu DVDs a year, good for about \$50,000 in sales. He claims he has the largest selection of kung fu movies in New England.

However, it's smoking accoutrement — pipes, grinders, e-vaporizers and the like — that has allowed Bennett to keep his doors open and pay his \$2,500 rent for the shop's space on Washington Street. He said about half of his shop's sales are



James Bennett, owner of Kung Fu video and DVD in Downtown Crossing. / NICOLAUS CZARNECKI, METRO

now smoking products.

Thanks to the Internet — "People can find a lot of what they want online" — sales of his kung fu DVDs have fallen 50 percent since he first opened the store in 2001. His motivation came as he tired of going to New York City to seek out obscure martial arts titles.

Asked if authorities ever give him a hard time, given the products he's selling, Bennett deadpans, "Nope. It's all for tobacco products."

He's told the products he sells don't seem like they necessarily jibe: gas mask bongs and a bunch of films starring a young Gordon Liu — the guy

who played the martial arts master in "Kill Bill Vol. 2." It all seems weirdly random, he's told.

Bennett shrugs.

"They go hand-in-hand," he said. "If you want to chill out, watch a karate movie, listen to some Wu-Tang, all of this is a no-brainer to me."

#### Stoners

### Who watches kung fu?

Most of Bennett's kung fu clientele, are, no surprise, martial artists themselves. On a recent Thursday, none of those guys are in the shop. There were, however, younger men who wanted to buy the smoking products.

Any good martial arts movie, Bennett said, is predicated on revenge. Someone disrespects someone else. Someone's family member is killed, land is taken, the wrong person is accused of a crime or their honor is otherwise impinged. The offended party then sets off to make things right. That's pretty much the plot arc for most of the films, he said.



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## Bomber's lawyer urges 'unrelenting punishment'



Tsarnaev witness Robert Barnes leaves Moakley Federal Court after testifying Monday. / NICOLAUS CZARNECKI, METRO

Convicted Boston Marathon bomber Dzhokhar Tsarnaev was adrift and following his obsessive older brother when he carried out the deadly 2013 attack, a defense lawyer said on Monday as he urged a jury to spare his client's life.

The defense sought to portray Tsarnaev as a member of a fractured family who easily fell under the spell of his 26-year-old brother, Tamerlan, whom lawyers described as the mastermind of the April 15, 2013, attack that killed three

people and injured 264.

They also echoed the recent words of the family members of some of the people killed by the 21-year-old ethnic Chechen in saying that sentencing Tsarnaev to prison for the rest of his life would both punish him and ensure he is removed from the intense media spotlight he has occupied for the past two years.

"No punishment could ever be equal to the terrible effects of these crimes on the innocent people who were killed

and hurt or on their families," said defense attorney David Bruck. "There is no point in trying to hurt him as he hurt because it can't be done."

During the initial stage of Tsarnaev's trial, prosecutors portrayed him as an extremist who carried out one of the highest-profile attacks on U.S. soil since Sept. 11, 2001 because he wanted to "punish America" for military campaigns in Muslim-dominated countries.

REUTERS





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Crime

# Suspects sought for Roxbury's daytime shooting

Police are searching for suspects in a shooting that grazed a bystander in the head. A bullet grazed the victim, a woman in her 50s,



Boston Police investigate the scene of a day time shooting on Warren Street in Roxbury on Monday. / NICOLAUS CZARNECKI/METRO

around 10:20 a.m. Wednesday near the corner of Warren and Waverly streets in Roxbury.

The victim is expected to recover; her injuries were described as non-life threatening.

As of 3:15 p.m. police said there had been no arrests made in connection with the shooting. The investigation was continuing. **METRO**

## Boston 2024. Poll finds Olympic support would improve with fiscal limit

A vast majority of Massachusetts voters believe hosting the Olympics will involve the use of taxpayer dollars, a Boston Globe-Sage Systems poll released Saturday found.

The same poll found public support for the Olympics bid would substantially improve if taxpayer funding was prohibited from helping to build venues or operate the games. About 89 percent of those surveyed believe taxpayer support will be used for the 2024 Summer Games, with 66 percent saying that would be "very likely."

As it stands now, only about 47 percent of those surveyed support Boston's bid for the games.

Asked whether they would support the bid if public money was banned from building venues or operating the event, backing for the games grew to about 59 percent - with the largest gains among those who said they would "strongly support" the proposal.

On April 22-23 Sage Systems surveyed 804 voters in Massachusetts - about half of whom live in Boston - and the poll has a margin of error of 3.46 percent, according to the Globe. Evan Falchuk, who founded the United Independent Party during an unsuccessful gubernatorial campaign, is pushing for a ballot question that would limit state expenditures to transportation upgrades only. Rep. Geoff Diehl, a Whitman Republican, filed similar language as a proposed amendment to the state budget, which will be debated this week starting Monday. **SHNS**

By the numbers

**804**

voters polled

**89%**

believe Games will need taxpayer support

**66%**

believe taxpayer money will "very likely" be needed

**47%**

support Boston's bid for the Games

**59%**

would support the bid if public money was banned

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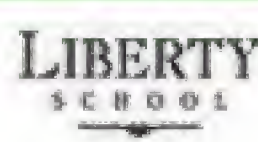
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## Prime Minister of Japan honors marathon victims

During his visit to Boston on Monday, Prime Minister of Japan Shinzo Abe and his wife Akie Abe left a wreath at the Boston Marathon finish line where they also held a moment of silence to honor the victims of the Boston Marathon bombings. The Prime Minister and his wife also met Boston Mayor Marty Walsh during the event.

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# Three things you need to know

## Nepal scrambles to organize earthquake relief

Nepalese officials scrambled on Monday to get aid from the main airport to people left homeless and hungry by a devastating earthquake two days earlier, while thousands tired of waiting fled the capital Kathmandu for the surrounding plains.

By afternoon, the death toll from Saturday's 7.9 magnitude earthquake had climbed to more than 3,700, and reports trickling in from remote areas suggested it would rise significantly.

A senior interior ministry official said it could reach as much as 5,000.

REUTERS

## Aurora cinema massacre trial under way

Colorado's long-awaited cinema massacre trial began on Monday with jurors asked to decide whether gunman James Holmes was insane when he killed a dozen moviegoers in 2012, or a calculating mass murderer who deserves execution.

Public defenders trying to spare the life of the one-time neuroscience graduate student, and prosecutors seeking the death penalty, are set to present their opening statements in a courtroom on the outskirts of Denver.

REUTERS



## Violence erupts in Baltimore

Seven Baltimore police officers were injured on Monday as rioters threw bricks and stones and burned patrol cars in violent protests after the funeral of a black man who died in police custody.

The riots broke out just a few blocks from the site of the funeral of 25-year-old Freddie Gray in northwest Baltimore and then spread through other parts of the city, after local law enforcement warned of a threat by gangs.

Images showed looting and a mob of rioters jumping on the top of a police car, after teenaged crowds ignored calls to disperse and clashed with a line of hundreds of police. REUTERS

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# Tips to make sure your MBA applications shine

## Inside look.

Admissions offices tell us their secrets.

Believe it or not, it is possible to show some personality in a grad school application. We asked the admissions offices of five top MBA programs what they wished applicants would do more. Here's what they said.

## Isser Gallogly

**Assistant dean of admissions, New York University Leonard N. Stern School of Business**

"We would like to see applicants take ownership of the application process and to be accountable. Ultimately, it's your application and you need to be responsible for your part of the process. You would be surprised at the number of applicants who try to cut corners. That behavior does not put a candidate in the best light with the admissions committee."

## Allison Jamison

**Director of marketing and recruitment, Duke University Fuqua School of Business**

"In the Fuqua application we ask applicants to share their community and leadership activities. Very often, we see individuals not spend as much time on this part of the application. We see applicants reference activities and leadership positions in their resumes and essays that are not included in the listing of activities. We are looking to see applicants be able to connect past participation in activities and leadership roles with their own potential to lead."

## Crystal Grant

**Head of admissions, Imperial College Business School (UK)**

"One of the features of our application is the three-minute video pitch, which provides you with the perfect opportunity to set yourself apart from other candidates. This is your chance to speak to us

directly. There's no one right way of approaching the video pitch, but we would really like to see more creativity and individuality from candidates. Be yourself — don't try and be what you think we want to see and hear."

## Yvonne Li

**Director of MBA admissions & career services, CEIBS (China)**

"Some applicants may have a beautiful application package, but when we get to the interview round they perform very differently from what's on paper. Other mistakes that come to mind: The wrong school name mentioned in essay answers; or some give perfect answers to all the questions, but have no impact whatsoever because they haven't shown us who they are as individuals. They completely lose sight of what makes them unique."

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## Dave Chappelle's fans boo, demand refunds

Reclusive comic Dave Chappelle is facing something of a PR disaster after fans at one of his recent performances in Detroit turned on him, unhappy with his act — or complete lack of one. Chappelle reportedly showed up late and spent his time on stage "quietly smoking, rambling and slurring his speech," according to TMZ. Audience members later took to Facebook to complain about the show as "a waste of money" and "horrible," and they're demanding refunds for the tickets, which sold for as much as \$240. Good luck with that.

As for Chappelle? A statement from his rep is only adding insult to injury for the offended fans. "Out of the 50



ALL PHOTOS GETTY IMAGES

shows on the tour, Thursday was definitely not his best set," his rep says. "On the flip side, the incident inspired

some additional sharp-witted material and [Friday] he came back with a vengeance." Well, good for him!

## Ian Somerhalder and Nikki Reed tie the knot



When he wasn't busy helping Metro out with our Earth Day coverage, "Vampire Diaries" star Ian Somerhalder was apparently secretly planning a wedding to fiancée Nikki Reed. Somerhalder and the "Twilight" star tied the knot in Santa Monica, California on Sunday morning, cementing their cross-franchise vampire union less than four months after getting engaged. Somerhalder marked the occasion the morning of the big event by tweeting that it was the "most beautiful morning ever." Both bride and groom wore white, whatever that means.

## Mariah Carey goes after Nick Cannon in new track



Mariah Carey unveiled a new song called "Infinity," which sounds innocent enough, but the lyrics tell a different story — one that ex-husband Nick Cannon probably doesn't want to hear. Carey doesn't call out Cannon by name, but it's about a bitter breakup, and there's really only one of those that's been keeping her busy lately. How bad is it? Let's look at some of the lyrics:

*"Why you mad? Talkin' 'bout you're mad.  
Could it be that you just lost the best you've ever had?  
That's your bag, yup, that's too bad."*

*Show is over, you ain't gotta act.*

*"Name hold weight like kilos  
Boy, you actin' so corny like Fritos.  
Wouldn't have none of that without me though... Close the door, lose the key.  
Leave my heart on the mat for me."*

*"Is it lack of ice got you so cold?  
Have you ever felt this on your own?  
Why you tryin' to play like you're so grown?  
Everything you own, boy, you still owe."*

Damn, girl.

## Did a messy divorce just reveal the identity of January Jones' baby daddy?



January Jones has continued to keep mum on the identity of the father of her 3-year-old son, Xander, but that's not stopping others from speculating. For instance, "Law & Order" actress Stephanie March is currently locked in a bitter divorce battle

with celebrity chef Bobby Flay and reportedly thinks Flay not only cheated on her with Jones, but also fathered Xander, according to the Globe. Oh, and whoever is writing for the tabloid really enjoyed the cooking-related puns: "Steph is broiling over buzz that her 50-year-old hubby marinated the 'Mad Men' lamb chop," the tabloid's tale goes.

"After Bobby and January reportedly turned up the heat in 2010, she had a bun in the oven. Her son, Xander, was served up just a few months later. January has never revealed the name of her son's father. But, Stephanie is suspicious and the kid does look a bit like Bobby." Bravo, Globe writer. Bravo.

## THE WORD

Ned Ehrbar takes on the world of gossip.

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### Twitter feed

Today, Chris Evans is clean-shaven, Kerry Washington is Team Daenerys, and Jeremy Renner is a morning person.

@ChrisEvans: Dear beard We had a good run, but this is where I leave you. Thank you for braving the Boston winter with me. I miss you already #Cap3Begins

@kerrywashington: Have I mentioned how much I LOVE #GameofThrones ?!?!?!? Geez Louise.

@Renner4Real: Active demonstration of love and compassion—embracing of my strengths and flaws, begins my everyday. N coffee

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# Nick Kroll gets serious... sort of.

**Interview.** "Adult Beginners" lets the sketch comedy chameleon take the lead — and show some emotion.

Nick Kroll has made a name for himself on "Kroll Show," "Parks and Recreation" and "The League" for off-the-wall, outlandish comic roles, but Kroll is showing a slightly more serious side with "Adult Beginners," about a washed-up entrepreneur (Kroll) who signs up as baby-sitter for his sister (Rose Byrne) after his life implodes.

**The thing that seems to catch people off-guard with this**

**movie is how dramatic it actually becomes.**

I feel like the original idea could've gone either way. You could go toward a big broad "it's the nanny!" thing. But Vin Diesel in "The Pacifier" ruined that for us. I pretty quickly knew that I wasn't interested in that kind of movie, and when I started talking to [producer] Mark Duplass about it — and the way he comes at projects — it just felt like this could be a really grounded, real story. And then when we met with Liz Flahive and Jeff Cox, who wrote the script, who have a 3-year-old son and also just gave birth to a kid literally right before we started production, there's just so much to work with. I hope the movie's funny and I hope the movie's dramatic and works, but you didn't need to do a lot of leg-

work on either side to make it feel resonant. Our feeling was don't push either, let everything happen as realistically as it can, and the drama will be there and the comedy will be there. Also, then, getting guys like Bobby Cannavale who as an actor is always going to play things real while also comedic, it made us try to approach the story as real to the relationships as possible.

**Does having a TV background help?**

Liz, who has been working on "Nurse Jackie" for a long time, was also a playwright. And Jeff — her husband — he and his brother wrote "Blades of Glory," so you knew that you were playing with both. You knew that you had people who were really grounded and were also going to write funny stuff.



Nick Kroll becomes a stay-at-home sitter in "Adult Beginners." / RADIIUS-TWC

## Quoted

"I hope the movie's funny and I hope the movie's dramatic and works, but you didn't need to do a lot of legwork on either side to make it feel resonant." Kroll

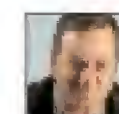
**The supporting cast has some prime comedy talent.**

We luckily peppered it with talent. Obviously, at the core, it's me, Rose and Bobby and the changing alliances with all that. But then every scene is peppered with an all-star. We start with Joel [McHale], we come back to him and we get [Jason] Mantzoukas, we've got Josh Charles, Jane [Krawowski], Julie White, Celia Weston — every scene has this other element that comes in to ruffle feathers.

Doing a climactic scene

**waist-deep in water has got to be a challenge.**

No joke, the heater was not working. And it was eight degrees outside and snowing. It doesn't sound bad when you say it, but it was about 65, 70 degrees in the pool. Normally when you go swimming it's 85 degrees in a pool. It helped the performances, since we're supposed to be afraid of the water. When you pan around and see the other kids in the pool, there's a couple little girls with straight-up blue lips.



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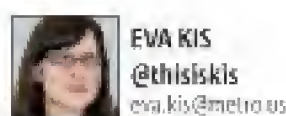


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# Parenting beyond love

Jenny Lexhed  
on how she almost  
lost herself to her  
son's autism.



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The title of Jenny Lexhed's parenting memoir, "Love Is Not Enough," is a difficult one for parents to grasp. But those coming to terms with raising an autistic child will understand it immediately.

"Love is the foundation when you have a child," she explains. "But love is not enough to raise a child with autism. You have to understand. You have to educate yourself and how you can meet your child in the right way and help them learn and develop."

The book, already a best-seller in her native Sweden and recently released in the U.S., recounts a struggle in which the stakes were as high for her as they were for her son Lucas, now 17.

She describes getting the diagnosis — a difficult process in itself in the late '90s — as "falling into a big black hole, because there is so much to take in and learn." It also came at a difficult time for her family: Her husband had just started a company, which meant she was mostly alone with Lucas. "I saw [his condition] as my responsibility."

Having little time during the day, Lexhed began staying up all night researching autism and creating her own educational materials for Lu-



Parenting an autistic child requires more effort, but it's important not to sacrifice your own health in the process. iStock

cas, who faced a long wait getting into the special programs he needed. The feeling of "fighting against a clock" drove her on.

But the only thing more difficult than trying to manage an autistic child is doing it without help. Eventually, the drive to help her son not only consumed all of Lexhed's days, but herself, too: She suffered a nervous breakdown that left her hospitalized in 2001. A

study she later read found that parents with special-needs children have higher rates of depression and burnout; mothers to children with autism were found to have the same level of stress as combat soldiers, which didn't surprise her. "It's a constant challenge, every day," she says.

She credits her recovery with learning to care for herself by leading a balanced life, including exercising, getting

enough sleep, making time for relaxation and reaching out for help.

Lexhed describes how working to understand Lucas honed her into a highly specialized detective: "What is so frustrating about being an autism parent is that you feel inadequate so many times. Your child can be screaming and you don't know why — are they in pain? What's happening?"

It can be difficult to resist the temptation of opting out; it's often the easiest choice. But increased attention — April is Autism Awareness Month — helps, and she encourages parents to make the effort.

"Initially it's really tough to do new things, but then when you can overcome that, you can have the benefits and the joy," she says.



Jenny Lexhed

How to make a  
new experience  
enjoyable

**Plan ahead:** If you have to break with your daily routine, let your child know what is happening and explain why.

**Make an itinerary:** Even if you're going somewhere familiar, there can be an issue. Being clear — "We're going to this place to do these things" — can settle their anxieties and manage their expectations.

**Take it slow:** When Lexhed and her husband wanted to share their love of skiing with Lucas, they started by having him wear the ski boots in their home. Then they slowly pulled him around on skis in their backyard. Once they got to the slopes, the ski lift posed a problem at first, but once aboard, "he sees it's not that bad and we can manage this together."

**Spell out the rules clearly:** Autistic children may seem to want to be by themselves, but Lexhed says often they simply don't know how to participate: "My son loves to play with others — if he understands the game."

**Manage the reaction:** Try to explain your child's condition and that he has trouble with new situations.

**Take care of yourself:** Finding a way to relax isn't selfish. "Even a short walk by yourself can be a moment of relaxation. You think it's a luxury you can't afford, but a moment for yourself here and there really helps you re-energize so you can be a good parent."

*"Love is the foundation when you have a child. But love is not enough to raise a child with autism. You have to understand, you have to educate yourself and how you can meet your child in the right way and help them learn and develop."*





## This water is not for saps

For centuries, birch water has been valued for its medicinal properties everywhere the tree grows. **CCSAARF**

Birch is the latest plant water turning healthy heads.

Naturally flavored waters are so hot, there's a new trendy flavor every couple of months. What began with coconut has gone on to include maple then aloe vera waters, because of the natural refreshment from plants and their ability to hydrate and detoxify.

Now, there's a newcomer having its moment in Europe: birch water.

A natural beverage drunk for centuries, it's actually birch sap, which is extracted from the tree between the months of March and April. It's then pasteurized to preserve it for sale all year long.

Until recently, birch water was only consumed for a couple of weeks following its harvest, as a "detox" plan to enter spring revived and refreshed.

"Birch sap has been used as a kind of medicinal drink for centuries," says Alice Mackintosh, a nutrition consultant based in London.

A traditional beverage in Russia, Baltic and Scandinavian countries, as well as France, Scotland and parts of northern China — everywhere you can find the tree, basically — birch water is used in folk medicine to help revitalize the body and cure kidney, lung and stomach diseases.

It's also a source of minerals like potassium, calcium and magnesium. In addition, it contains saponin, which Mackintosh says has been shown to reduce cholesterol and has an anti-inflammatory effects. "It does have some nutritional benefits, but it's definitely not the answer to everyone's issues, even though, like coconut water,

it's marketed that way," she cautions. "There need to be more serious studies to show any real effect."

There's no harm in drinking birch water now and then as a supplement, but you won't see any benefits if your diet isn't healthy, too. And if you feel like you need a cleanse, Mackintosh advises sticking to the vitamin- and mineral-packed powerhouse of a green juice with kale, celery, avocado and cucumber. **EW**

### Birch juice

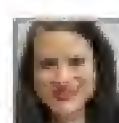
Birch water is the new super drink, but birch juice has been used in the cosmetics and the wellness industry for some time. Natural cosmetic brand Weleda (weleda.com) has a dedicated line because of birch water's detoxifying properties. With a juice to add to your water and drink throughout the day, an exfoliating shower gel and a massage oil, this line claims to help cleanse your system and refine your skin, including reducing cellulite.



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# When it comes to wellness, celebrities are just like us

Even the uber-famous can slack on fitness, says A-list trainer Valérie Orsoni.



ELODIE NOEL  
MWN  
letters@metro.us



"I don't even need to work; I really do it out of passion for well-being," starts Valérie Orsoni.

The San Francisco-based celebrity trainer has made a name for herself training — although she would never confirm their identities — A-list Hollywood stars, rumored to include the likes of Jennifer Aniston, Demi Moore, Jennifer Lopez and Kim Kardashian.

Orsoni developed her method after putting on weight following her parents' divorce. Between the ages of 15 and 18, she tried all the diets she could find: 42 in total, according to her. To find one that actually worked, she created a mash-up of all of them.

Her method is not about starving yourself, cutting out



Valérie Orsoni is famously mum about her clientele. **MIKEL HEALEY/PHOTOGRAPHY**

entire food groups or extreme exercise routines. And yet, her clients aren't always on board. "Some of them are really motivated but easily crack for food," she says. "While some of them always find excuses, and I hate excuses. Especially when they pretend to be tired when they were up all night partying under the eyes of the paparazzi."

It was dealing with the excuses that gave the fitness expert new ideas about keeping them motivated, which she

shares in her new book, "Le BootCamp Diet," out today. "One of them told me that she couldn't be bothered putting on her gym clothes in the morning. I told her to sleep in them!"

On the other hand, you also have the "well-behaved," who wake up at 4:30 a.m. to work out and wouldn't dare to put French fries in their mouth. There is also a secret motivator no one really likes to admit: the rivalry with a competitor, either for a role or for a part-

ner, which can definitely help them get out of bed. "They want to be skinnier than their ex-boyfriend's new flame," the coach laughs.

To help her famous clients tackle the extra pounds before shooting a film or walking the red carpet, Orsoni makes them go on a detox, eating "mostly plants and seafood — not fried, of course. It's a mix of low-GI [glycemic index] and alkalizing food like papaya, pineapple, berries, nectarines and sprouted seeds and nuts, which will also give them glowing skin."

She also sometimes prescribes an infrared sauna session every day, to improve circulation. Another tip from the coach: "One hour before putting on the dress and makeup, some push-ups will really add definition."

In the long run, however, she wouldn't recommend cutting any food. "My program is based on no guilt. I think depriving yourself just makes you more likely to compensate afterwards and put the weight back on."

We'd all happily stick to that rule.

### Get a Hollywood body

**1. Jumping Jacks:** A cardio move that's also good for strengthening muscles. Do as many as you can for two minutes.

**2. Crane:** This makes the legs, butt and abs work together. Do 10 reps with each leg, lifting it at a 45-degree angle and holding the position for 30 seconds.

**3. Gazelle:** Works on the inner and outer parts of the legs as well as the abs. Do two minutes of up-and-down movements on each side.



### How to make sure lost weight is gone for good

Before breakfast, drink water with lemon juice at room temperature

A few minutes later, drink a homemade sobacha (buckwheat tea)

Walk for 30 minutes before eating breakfast

Stick to the "no-excuse rule": Whatever the obstacle standing between you and your workout, there is always a solution

Reduce your dairy intake as much as possible

Learn how to breathe properly to reduce stress

When you go to bed, turn off all electronic devices (yes, even your phone) and put them in another room to avoid any disturbance during the night



## Horoscope

**Taurus | April 21-May 21**  
Shake up your routine. Get involved in a hobby that motivates you. Revisit a project that you set aside because the timing wasn't right. Put your needs first.

**Gemini | May 22-June 20**  
Doubts about a current relationship will need to be analyzed. If your feelings have changed, you have to be honest with yourself and your partner in order to fix what's wrong.

**Cancer | June 21-July 22**  
Don't punish yourself by sticking with an unhappy situation. You can improve your career options or personal relationships if you are willing to take decisive action.

**Leo | July 23-Aug. 22**  
Meetings or social engagements will bring you in contact with a potential partner. You will discover valuable information regarding your idea for a home business.

**Virgo | Aug. 23-Sept. 22**  
Tension in your personal life will stress you out. Moodiness or self-pity will not help your situation. Discuss your concerns. Getting problems out in the open will lead to a solution.

**Libra | Sept. 23-Oct. 22**  
You will get back as much as you put in. Offer the world a joyful, helpful attitude. Share your good mood with people you want to spend more time with.

**Scorpio | Oct. 23-Nov. 21**  
Stick to your agenda and don't get sidetracked by taking on responsibilities that don't belong to you. Make your primary interests your first priority. Use your creative imagination.

**Sagittarius | Nov. 22-Dec. 21**  
Be cautious if you are traveling. Focus on the jobs you are responsible for, and don't stop until you are finished. Distraction will lead to a minor mishap.

**Capricorn | Dec. 22-Jan. 20**  
Add some excitement to your life. Do something out of the ordinary with a close friend or loved one. Take in a sporting or cultural event.

**Aquarius | Jan. 21-Feb. 18**  
Personal relationships, your dream job and where you would like to live should all be reflected upon. Decide what positive steps you can take to reach your goal.

**Pisces | Feb. 19-March 20**  
Not everyone will be honest with you. Expect someone to take credit for your work. Let others know what you have been up to if you want to gain positive recognition.

**Aries | March 21-April 20**  
It's up to you to make things happen. Don't let anyone dissuade you from following your dreams. Pursue your goals with determination in order to make headway. **EUGENIA LAST**

## Letters to the editor

## Nepal, party in sharp contrast

I think it's a sad world when you read about the utter devastation in Nepal on one page, and David Beckham's ultra-lavish 40th birthday party on the next. It is such a backwards world where thousands, if not millions, of dollars are spent on parties with fancy food, alcohol, and entertainment while people die from lack of simple water and food. I cannot understand how people isolate themselves so completely from the dire needs of their fellow

human beings.  
**ANNIE FERRIS, VIA EMAIL**

## Enough debt

The national debt has increased over \$7 trillion from \$11 trillion to a record \$18.2 trillion over the past seven years under President Obama with nothing to show for it. The debate has already begun in Washington as part of the looming 2016 federal budget negotiations between the president and Congress about permitting our national debt to grow even

more. What's another trillion or two between friends? Isn't it time Washington destroyed its credit cards and lived within its means just like you and I?

**LARRY PENNER, VIA EMAIL**

## Don't sue T

**Re: 'Suit: Take your T customer appreciation day and shove it' (Metro, April 27)** It was pretty upsetting to read how somebody is actually going forward with a lawsuit against the MBTA/Keolis. We all know the T is struggling and, frankly, to the

person pursuing this lawsuit: You are kicking someone when they are already down. Suing the T won't solve anything and will only present another roadblock to the long road of progress. You are taking an issue that affected thousands of people and attempting to turn it into (presumably) your own financial gain — setting a bad example for all of humanity.

**STEVEN HARDING, VIA EMAIL**

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

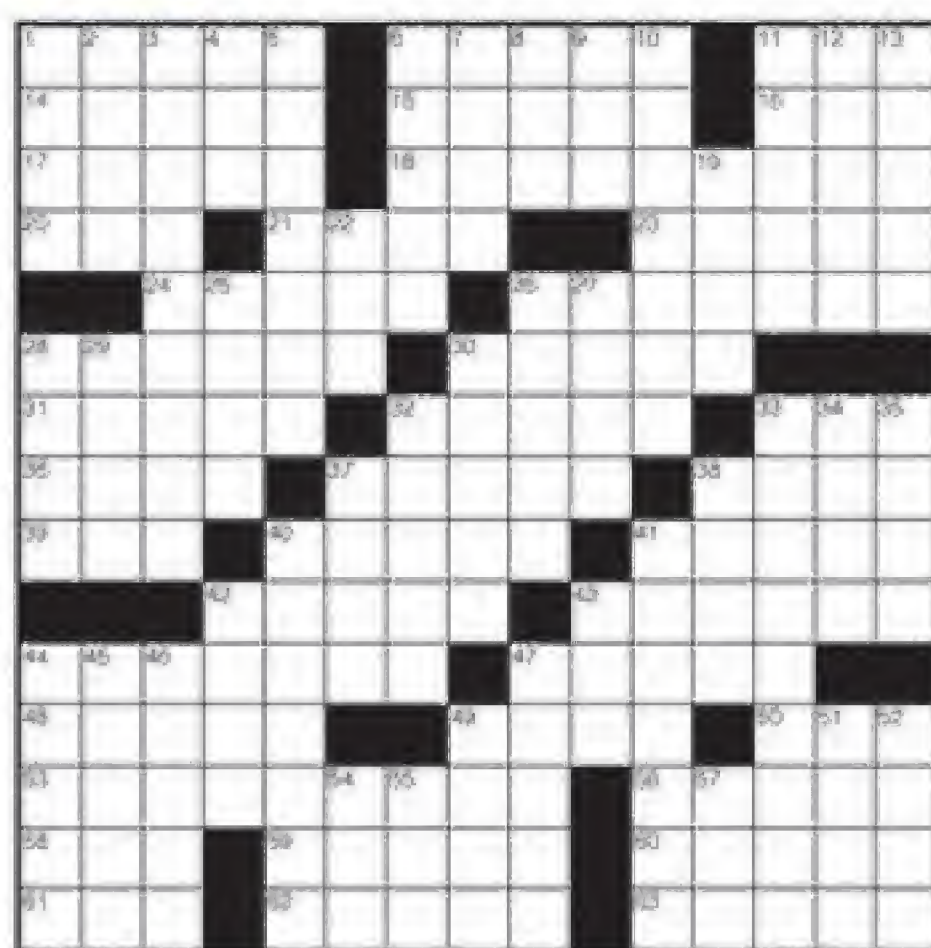
## Sudoku: Easy and hard

		3			9	5		
2			1				9	
	9			2	3		7	
	3		6					4
4			7		5			9
9					2		6	
	1		8	6			2	
	4				1			8
		8	9			3		

			6	9		5	1	
1	5		2					
7	6		5	4		2		
		6		1				
4								9
				7		3		
		3		2	5		6	8
					4		3	2
	8	1		6	3			

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



## Across

- 1 Propeller type
- 6 Golfer — Els
- 11 Yes, to Angus
- 14 Queen of the Misty Isles
- 15 Gets closer
- 16 Michael Stipe's group
- 17 Succeed (2 wds.)
- 18 Weather maker (2 wds.)
- 20 Turkish potentate
- 21 Goddess's statue
- 23 Singing cowpoke
- 24 Like watermelons
- 26 Fastens down at sea
- 28 Horrified
- 30 Broad valleys
- 31 Derrick or crane
- 32 Where Asia begins
- 33 Dog-scolding word
- 36 Band member
- 37 Double agents
- 38 Mete out
- 39 — and yang
- 40 Lent a hand
- 41 Polyester partner
- 42 Cast member

## Down

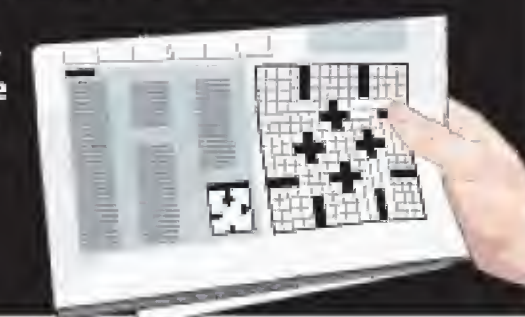
- 43 Knights' weapons
- 44 Marks down
- 47 Fab Four member
- 48 Castle that danced
- 49 Egg portion
- 50 Rural elec. org.
- 53 Play down (hyph.)
- 56 Register for
- 58 Shoguns' capital
- 59 Shrimper's net
- 60 Perfume
- 61 Bridal notice word
- 62 Go-ahead (hyph.)
- 63 Hot rum drink



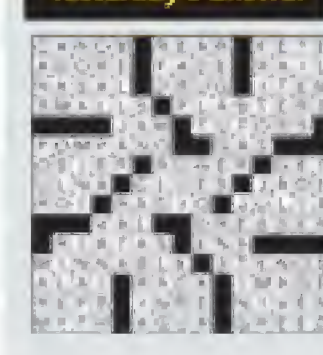
- 6 Have fun with
- 7 Tackle-box item
- 8 "Unforgettable" crooner
- 9 Capone foe
- 10 Manors
- 11 Glacial ridge
- 12 Pine for
- 13 TV statuettes
- 19 Wheel tracks
- 22 Banned bug spray
- 25 Cut some slack
- 26 Sounded sheepish
- 27 Bard title start
- 28 Shout from the bridge
- 29 Mongolian desert
- 30 Paint additive
- 32 Elegant coiffures
- 33 Wouldn't buy
- 34 Sunblock additive
- 35 Wildlife refuges
- 37 Location
- 38 Mild oath
- 40 Agrees to
- 41 Worst-smelling
- 42 Cousin's mother
- 43 Diamond —

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



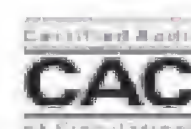
## Yesterday's answer



- 44 Above the horizon
- 45 Carve a canyon
- 46 Friday's creator
- 47 Rich kid in "Nancy" comics
- 49 Wobbles, as a rocket
- 51 Sell
- 52 Bohemian
- 54 Epoch
- 55 Dawn to dusk
- 57 Drill sgt.



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**3**  
SPORTS



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It's been a journey for Hanley Ramirez in left field. / GETTY IMAGES

# COMPLAINING ABOUT RAMIREZ'S DEFENSE A GIANT WASTE OF TIME

We're almost three weeks into the Major League Baseball season, and the Boston Red Sox are one of the top teams in the AL East.

Sure, nobody is running away with the division this early on in a 162-game season, and we're still trying to figure out exactly what this Red Sox team is all about. But one thing I no longer want to hear about is Hanley Ramirez's defense.

For a team that entered this recent six-game road trip — which began on Tuesday night in Tampa Bay — as the first-place team in the AL East, there have been a surplus of complaints throughout New England as to how the Red Sox are winning games.

The rotation has struggled, and while it may look like the offense is putting up a ton of runs, it's received a whole lot of help from some terrible defense on the other end.

And then you have Ramirez. Infielder turned left fielder. Signed a four-year, \$88 million deal with Boston at the end of November. He turned 31 in December. He is the Red Sox' clean-up hitter, with a team-leading five home runs and 12 RBI, entering Thursday night's showdown at The Trop, which happens to be his regularly-scheduled day-off.

But Ramirez's defense

Opinion

**DANNY PICARD**

@DANNYPICARD

"The Danny Picard Show" airs every weekday at DannyPicard.com. Danny can also be heard on WEEI 93.7 FM and seen on CSNNE.



is the thing that has many people's attention. There's good reason for it, of course. Because, well, it's not great.

That said, I have a problem with the timing of these specific complaints. Did you enter the season thinking Ramirez was going to win a Gold Glove in left field? And if you thought his defense would eventually improve, are you really surprised that he's struggled the first three weeks of season, especially when it comes to dealing with the Green Monster?

If you answered "yes" to either of those questions, then you're living in a dream world. The truth is, Ramirez's defensive issues, as he moves from the infield to the outfield, are no surprise at all. Not even to the Red Sox. This isn't an "elephant in the room" situation. The problems you've seen here in April were very much expected. But it's a sacrifice you make to improve an offense that struggled to drive in runs the year before.

At the plate, Ramirez is always a threat. Like every big-league slugger, he'll get hot, and he'll get cold. But there won't be a night where I won't want him in my lineup taking hacks and losing his helmet in the process. Even if it means some shaky defense in left field.

It's the risk that you take to improve an offense that needed a whole lot of improvement, with a pitching staff that is going to let up runs.

Complaints about Ramirez's defense are and will be complaints about something that we've known since the Red Sox signed him in November. And when it's all said and done, the good will outweigh the bad.

So if Ramirez's defense is something you plan on complaining about all season long, to be quite honest, you're wasting your time.

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## MLB. Red Sox back at it with Blue Jays at Fenway

The Red Sox and Blue Jays are mired in the middle of the jam-packed AL East. Though it's early, every divisional game counts as the Sox continue their home stand with a 6:10 first pitch against Toronto on NESN Tuesday night. Drew Hutchison will put his perfect 2-0 record to the test as he takes the hill. Though he has gotten lots of run support from the Jays (24 runs in his last three starts) — he has a dreary 5.48 ERA. Boston hands the ball to Clay Buchholz (1-2, 4.84). **EVAN MACY**



Clay Buchholz will get the ball for the Sox tonight. / GETTY IMAGES

MLB

## Hamilton back with the Rangers

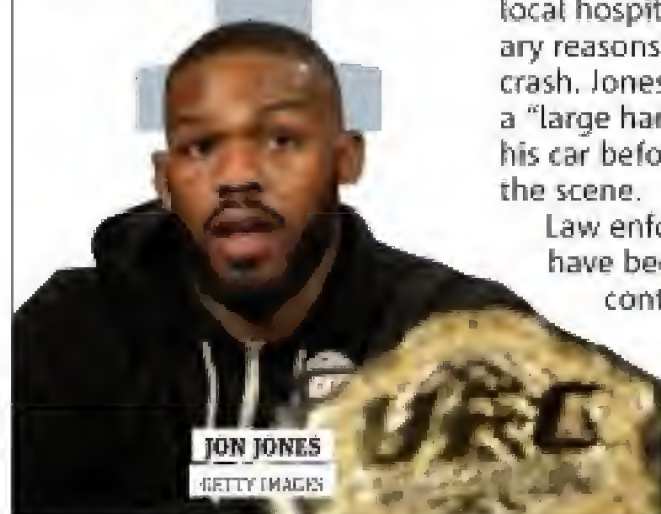
Josh Hamilton never reported to the Angels this year after his self-reported relapse into cocaine and alcohol use. It was the final straw for the team as they sent the former AL MVP back to Texas in a trade for a player to be named later. "It didn't work out on the field. It didn't work out off the field," said Angels GM Jerry Dipoto. "From beginning to end, this is not what we planned ... Josh, from the moment he arrived here, there's been turbulence." **MATT BURKE**



# Sports news you need to know

## Jones on the run

UFC light-heavyweight champion Jon "Bones" Jones was on the run from the law Monday as the Albuquerque, New Mexico Police Department



continued its search for the MMA star after a hit-and-run Sunday. Jones reportedly fled on foot from the scene of a three-car accident, which occurred because one driver ran a red light. A 25-year-old pregnant woman was sent to a local hospital for "precautionary reasons" as a result of the crash. Jones was seen grabbing a "large handful of cash" from his car before running from the scene.

Law enforcement officials have been unable to make contact with Jones.

Jones is the brother of Patriots defensive end Chandler Jones. **MATT BURKE**

## No Twitter teases at this year's NFL draft

There was a time when the first round of the NFL Draft was held on a Saturday, and fans didn't know who their favorite team was going to pick until the commissioner told them. The league seems happy with its new Thursday night timeslot for the first round but it will be going back to the future with the way pick info will be dished out. Guys like Adam Schefter will no longer be allowed to Tweet out team's selections before Roger Goodell steps to the podium.

"We want to keep the sus-



Adam Schefter / GETTY IMAGES

pense of the draft," said ESPN senior coordinating producer Seth Markman. "This is purely listening to the viewers and what they want." **MATT BURKE**



JARROD SALTALAMACCHIA  
GETTY IMAGES

## Saltalamacchia not on the radar for Red Sox

Jarrod Saltalamacchia was designated for assignment by the Marlins on Monday. A member of the 2013 World Series champion Red Sox, "Salty" struggled greatly in Miami. WEEI.com's Rob Bradford reported that the Sox are not currently interested in the catcher. **MATT BURKE**

## Love may miss big chunk of time

Kevin Love is seeking a second opinion on his dislocated left shoulder after initial reports said the Cavaliers forward could miss a minimum of two weeks. Love suffered the injury Sunday, as the Cavs eliminated the Celtics, when Kelly Olynyk got wrapped up with Love. Love called the play "bush league" and LeBron James said that Olynyk's tie-up "didn't look like a basketball play."

"That's ridiculous," Olynyk told the Boston Herald. "I would never intentionally hurt Kevin or anyone else. [Love] locked my arm up, I locked up his as we were fighting for a loose ball. You lock up arms all the time in this league." **MATT BURKE**

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- Postmenopausal and a non-smoker
- BMI is between 25-35 kg/m<sup>2</sup>

**And you are willing to:**

- Have a medical exam / laboratory tests
- Provide blood, stool and breath samples
- Consume only the study provided foods/beverages
- Commit for approximately 15 weeks

**Payment up to \$ 2,055 if you qualify and complete the entire study.**

For more information please e-mail [volunteers-hnrc@tufts.edu](mailto:volunteers-hnrc@tufts.edu) or call 1-800-738-7555 and request Study #1542

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For more information please contact Voula Christopoulos at 617-724-8592 or at [vchristopoulos1@partners.org](mailto:vchristopoulos1@partners.org)

## ARE YOU LIVING WITH SCALP PSORIASIS?

You may qualify to take part in a clinical research study if you:

- Are 18 years or older
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- And, the condition:
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For more information, please e-mail [harvardskinstudies@partners.org](mailto:harvardskinstudies@partners.org) or call (617)726-5066



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Among other study requirements, participants must:

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- Have moderate to severe Rosacea
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- Study-related rosacea evaluations by a study doctor
- Study-related physical exams and assessments

For more information about the study, call: Bay State Clinical Trials at 617.923.0328  
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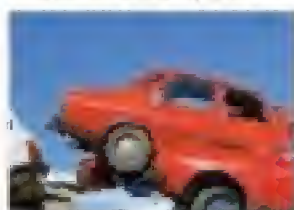
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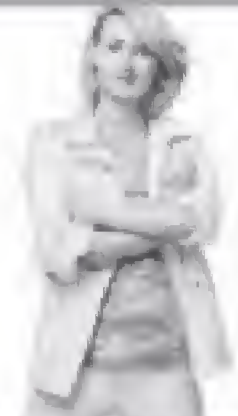
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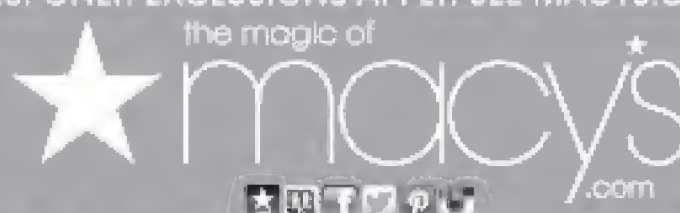
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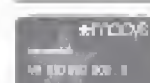
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